News from the Wyoming Department of Health

Tuesday, October 20, 2009

Another Wyoming Death Linked to Swine (Novel H1N1) Flu

The death of a third Wyoming resident infected with the swine (novel H1N1) influenza virus has been reported to the Wyoming Department of Health.

The adult female resident of Laramie County had underlying health conditions linked with higher risk of severe illness.

Flu activity continues to be high and widespread across the state and is almost 100 percent due to the H1N1 flu strain. Influenza symptoms include fever, cough, sore throat, body aches, headaches, and fatigue. Some patients also report diarrhea and vomiting.

Actions recommended to slow the spread of illness include:

- When available, get immunized with both a swine flu and a seasonal flu vaccine.
- In general, people who develop influenza-like illness should stay home from work, school or travel until at least 24 hours after they are free of fever. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Avoid contact with ill persons.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.

Of the total 1,614 reported flu cases in Wyoming since late May, 419 have been confirmed as swine flu cases. Most other cases were not subtyped. Over the same timeframe, the Department has received reports of 28 Wyoming hospitalizations in connection with the virus. The Department expects the number of actual flu infections around the state to be much higher, because most ill persons do not seek medical care or are not tested. Specific swine (novel H1N1) flu counts provided by the Department only reflect cases confirmed by specialized lab testing, as the H1N1 strain is part of the Department's ongoing surveillance activities.

More information about swine (novel H1N1) flu in Wyoming is available online at www.health.wyo.gov .

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